

# DINNERLY



## Feed-A-Crowd Chicken Parmi Pasta Bake:

Same Meal Price, Double the Portions!



30 minutes



2 Servings

Want more bang for your buck? Serve up double the portions with our new Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.



## WHAT WE SEND

- 50g cheddar <sup>7</sup>
- free-range chicken tenderloins
- 2 x 200g shell pasta <sup>1</sup>
- 10g Italian seasoning <sup>17</sup>
- 400g diced tomatoes
- 40g panko breadcrumbs <sup>1</sup>

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 1 tbs olive oil
- 2 tbs tomato paste
- 1 tbs sugar
- 20g butter <sup>7</sup>

## TOOLS

- 3L (12 cup) baking dish
- large saucepan
- box grater
- large deep frypan
- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 660kcal, Fat 15.5g, Carbs 89.4g, Proteins 34.8g



### 1. Prep ingredients

Preheat the oven to 220C. Lightly grease a 3L (12 cup) baking dish. Bring a large saucepan of salted water to the boil for the pasta. Coarsely grate the **cheese**. Thinly slice the **chicken**.



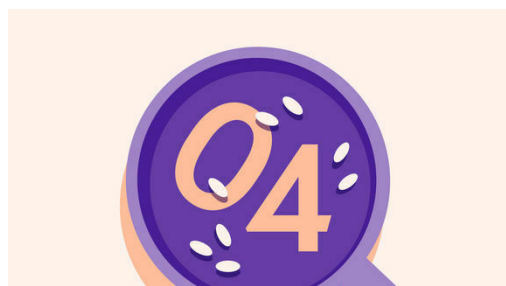
### 2. Cook pasta

Cook the **pasta** in the pan of boiling water for 11 mins or until al dente. Drain the pasta and return to the pan. Meanwhile, heat **1 tbs olive oil** in a large deep frypan over medium-high heat. Cook the **chicken** and **2 tsp Italian seasoning**, stirring, for 3 mins or until browned.



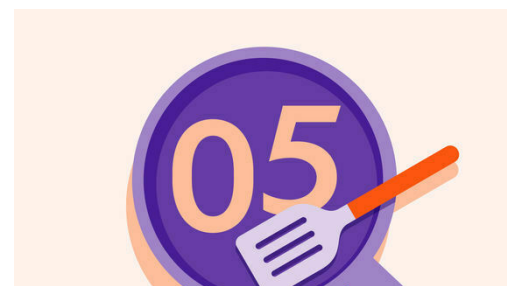
### 3. Make sauce

Add the **tomatoes**, **2 tbs tomato paste**, **1 tbs sugar** and **180ml (¾ cup) water** to the chicken. Season with **salt and pepper**. Bring to the boil, then reduce the heat to medium and cook for 8 mins or until slightly reduced. Taste, then season with **salt and pepper**.



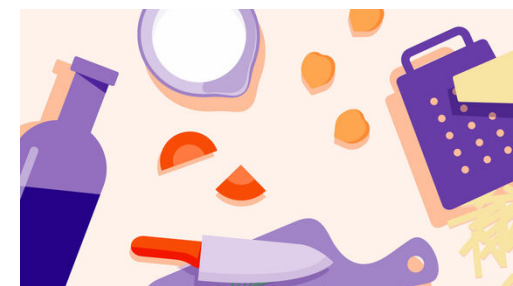
### 4. Assemble and bake

Add the **sauce** to the pasta and stir to coat (see Feed A Crowd). Spoon the mixture into the greased dish, scatter over the **cheese** and bake for 10 mins or until golden. Wipe the pan clean with paper towel.



### 5. Serve up

Meanwhile, melt **20g butter** in the same pan over medium heat. Add the **breadcrumbs** and **1 tsp Italian seasoning\*** and cook, stirring, for 2-3 mins until golden. Taste, then season with **salt and pepper**. Remove the pan from the heat. Scatter the **toasted breadcrumbs** over the **pasta bake** and divide among bowls or pop the dish on the table for everyone to help themselves. Enjoy!



### 6. Feed A Crowd

Toss the pasta and sauce together in a large bowl if your pan isn't big enough.